

Snow Shoveling

Every winter people hurt themselves shoveling snow, ranging from minor aches and pulled muscles to fatal heart attacks.

What people often fail to realize is that shoveling is more than just a chore. It puts a lot of stress on the body in a short period of time. Shoveling causes a quick increase in the heart rate and blood pressure. Those most at risk during shoveling are people who have had a heart attack, people with a history of heart disease, those with high blood pressure or high cholesterol levels, smokers and people who lead a sedentary lifestyle.

Tips for safer shoveling:

- 1. Use a smaller shovel**
- 2. Make sure your shovel isn't bent, tilting or otherwise damaged**
- 3. Take frequent breaks, even if only for a couple of minutes**
- 4. Stop and go inside if you become overheated**
- 5. Drink fluids**
- 6. Don't try to fling snow long distances**
- 7. Stop any time you feel pain**

If you fear you're unable to tackle this tiring task, look into spending a few bucks and having a neighborhood kid shovel after a storm; or having a contractor plow it when heavy snow falls. It's probably money well spent.